DOUBLE YOUR BRAINPOWER

- INSTANTLY!

Doubling ones mental powers is no longer just a fictional possibility for Jedi-like creatures. Thanks to modern researchers *you can now accomplish it almost instantly!*

Science has long known that your brain is divided into two halves, or hemispheres. But only in recent years has it been discovered that these two halves are entirely different in the thoughts and functions they perform. Moreover, most of the time, we think only with our 'left brain'. When we use our 'right brain', it is primarily to support the thought and action of the left. Otherwise we do our best to ignore it.

In muscle function, the nerve signals from these brain halves act in a cross over. The left brain controls the right side of the body, and the right side controls the left. We are primarily a right handed society, dominated by our left brains. Just in the last fifty years have left handers been accepted as 'equals'. In many ways, we still discriminate against left handers! Did you know that a pair of scissors is a right handed tool?

We use the left brain to talk and read, to do mathematics, to reason deductively, to remember detail, to measure time, among other facets ... the source of logical rational thought. It 'knows' nothing else.

Our right brain is the originator of ideas, spatial sense, intuition, music, emotion, and probably much more than we now realize. It is timeless, apparently with a language all of it's own.

Right brain qualities concern the holistic, spatial, simultaneous, irrational, intuitive, non-verbal, abstract, timelessness, artistic,sensual,musical, unconscious, and phantasy- oriented subject matter.

Left brain aspects are directed toward the analytical, rational,organized,scientific,sequential,intellectual, structural, linear time,conscious,logical and verbal types of material.

Certain research has now possibly indicated that positive emotions are elicited from the left brain hemisphere and negative emotions are derived from the right hemisphere with most people. (The little devil on one shoulder and the little angel on the other.)

Experiments have shown that pictures appear less agreeable viewed in the left field of vision (such impressions lead to the opposite side of the brain) and vice versa for pictures viewed on the right side of our viewing area. Other research has shown that melodies or sounds played only in the left ear are perceived less pleasant than if played into the right ear.

Using a CAT scan machine, Psychiatrist Robert Robinson of Johns Hopkins University and neurologist Thomas Price of the University of Maryland examined the injured brains of 103 stroke survivors.

The research reported that 60% of the patients who sustained damage in the left frontal brain area developed considerable depression within two years of the stroke. Patients with injuries in the right frontal area suffered no major depression.

One of the best descriptions given to illustrate the difference is with a reel of movie film. To determine the content, the left brain will put it on a projector,show the movie on a screen, and thus be informed. The right brain will pick up the roll of film, hold it for a moment then put it down and say, "Oh. I understand."

Ridiculous! That's your left brain's reaction as you use it to read these words. It simply doesn't compute ... by left brain standards.

Basically, we *are* a half brained society. Virtually every thing we consider valuable is operated or controlled by our dominant left brain. Even if it originates in the right brain, such as an idea or music, the left brain takes over and puts it to use.

How did we get this way? No one is absolutly sure, but one of the better guesses is that the left brain dominance came about because of a basic need to survive in a physical world. Through thousands of years, our forebearers added to left brainism because that was the way to get things done. Our entire system ... books,schools,colleges and universities, industry, political structures, churches, all are fundamentally left brained in learning, application, and operation. We have generally regarded right brain thinking with amused tolerance, suspicion, disgust, irritation, distrust ... and awe.

Then why bother!? Why not stay half brained and let it go at that? Who needs the right brain anyway?

We do. Recent studies show we use our right brain throughout our daily lives in many subtle ways. For example, the left brain remembers the name, but the right brain remembers the face. (How many times have you spotted a familiar face but couldn't remember the n name! Left brain, watch out!) Studies of world leaders throughout history indicate they thought with far more than their analytical, intellectual minds. All great decisions by mankind have been made with the left brain *plus!* Evidence supports this based on what we know.

How do we then go about using more of our brain power? There have been many ways attempted through the course of human evolution. Virtually all of them have had drawbacks or limitations in one form or another.

Now modern science has come up with a method and technique that offers much promise and potential. It can be utilized with relative ease, does not require years of intensive training, and is not limited to a narrow band of application.

One such is called the Hemi-Sync, short for hemispheric synchronization. Developed by the Monroe Institute of Applied Sciences, the process uses pulses of sound to help create simultaneously an identical wave pattern in both brain hemispheres. Originally, the institute was granted a patent in 1975 based upon the use of such

sound pulses to induce a frequency following response (FFR) in the human brain. This simply means that when your ear hears a certain type of sound signal, it tends to respond or 'resonate' with similar electrical signals within the brain. Knowing that various electrical brain waves are indicators of states of consciousness (such as awake or asleep), you thus can listen to a similar sound pattern and it will help you be in the desired state of awareness.

Hemi-Sync takes the process an important additional step. Each ear sends it's dominant nerve signal to the opposite brain hemisphere, following the X pattern mentioned earlier. By sending seperate sound pulses to each ear (using headphones to isolate one ear from the other), the halves of the brain *must act in unison* to 'hear' a third signal, which is the difference between the two signals in each ear. For example, if you hear a sound measuring 100 in one ear and 125 in the other ear the signal your whole brain will 'generate' will be 25. It is never an actual sound, but it is an electrical signal that only can be created by *both brain hemispheres acting and working together.*

That's Hemi-Sync. If the 25 signal (above) is one that produces a certain type of consciousness, then the whole brain... both hemispheres...is focused *in an identical state of awareness at the same time.* Most important, the condition can be changed at will by changing the sound pattern. It also can be learned and recreated from memory when the need arrives.

The Hemi-Sync process already has been tested and put put in use in many ways: for better sleep, stress- tension reduction,control of pain, accelerated learning, study and concentration, rapid psycho-therapy, enhanced creativity, problem solving, even playing a better game of golf!

Only audio cassets offered by Mentronics Systems Inc. use Hemi-Sync process in various forms, under exclusive license from the Monroe Institute. They come on cassette tapes (stereo of course) and cost $95 each including postage. (You can contact them at:Mentronics Systems Inc, P.O.Box 130 Nellysford,Virginia 22958. The set for this price contains 6 tapes and instruction book.)